

## AFTER THE SURGERY

After the surgery it is important to rest and minimize activity, with no lifting, driving, or heavy activities for a week or so. Most patients may drive again and return to work within 10 days after the surgery. Heavy activities and sport should not be undertaken for one month following the surgery.

The breasts tend to settle in the months after the surgery, with the final breast shape not being seen until 3-6 months after surgery.

## SUMMARY

Breast lift surgery is a common plastic surgery procedure that removes loose saggy skin, lifting the nipple and breast into a higher position, enhancing your appearance and your self-confidence.

North Shore Cosmetic Surgery is a group of Plastic Surgeons dedicated to providing a high standard of service to the North Shore.

All members are Fellows of the Royal Australian College of Surgeons, Australian Society of Plastic Surgeons and Australian Society of Aesthetic Plastic Surgeons, and have been trained to the highest possible standards.

North Shore Cosmetic Surgery provides a comprehensive range of cosmetic and reconstructive plastic surgery procedures, as well as a full range of the latest skin care, lasers and aesthetic treatments.

## PRACTICE LOCATIONS

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North Shore  Cosmetic Surgery

A patient guide  
to understanding

Breast Lift (Mastopexy)

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## INTRODUCTION

Women often experience changes in their breasts with time and after pregnancy and breast-feeding. A breast lift (mastopexy) removes the loose saggy skin, lifting the nipple and breast into a higher position, enhancing your appearance and your self-confidence. If there are minor differences between the breasts then these differences can be made less at the time of surgery.

Some patients with loose skin can achieve a lift from having breast implants alone, which has less obvious scars than a breast lift, but it depends on how much loose skin you have and how much bigger you are prepared to be. Some patients choose to have both a lift and breast implants, producing larger, firmer breasts.

If the operation is being performed after having children then it is commonly performed at the same time as an abdominoplasty (tummy-tuck), to improve the shape and tone of your abdomen.

The cost varies widely, depending on whether you are insured and have had children recently. There are specific indications as to whether there is a Medicare item number for a breast lift (in which case private funds pay for some of the costs of the surgery).

## PREOPERATIVE ASSESSMENT

As in all cosmetic surgery, it is important for you to tell your surgeon the specific areas that concern you. It is important to discuss with your surgeon any pre-existing medical conditions which you may have, such as diabetes, which can affect wound healing, as well as any problems with previous operations or anaesthetics, as well as any history of bad scarring.

A full breast history and examination is essential prior to breast lift surgery, and a preoperative ultrasound and/or mammogram will be obtained in some patients, especially with a significant breast history.

It is important to discuss the factors affecting the long-term result of the surgery, including your age and skin elasticity, as well as the size and shape of your breasts.

It is ideal for you to be as close as possible to your target weight, as this optimises your final result. People contemplating significant weight loss are best to defer surgery, as significant weight change after surgery can affect the result.

Your surgeon will discuss the operation with you, show you photos of other patients who have had the procedure, and will give you written information about the operation. Both the expected result as well as the risks of the operation will be explained.

## PREPARING FOR THE SURGERY

If you smoke it is important to stop smoking at least a few weeks before the surgery – smoking significantly increases the chance of healing problems after the surgery.

Aspirin, anti-inflammatory medications eg Nurofen, and some vitamins and herbal medications can cause increased bleeding and these also need to be stopped 10 days before the surgery.

## THE SURGERY

Breast lift, with or without breast augmentation (implants), requires a general anaesthetic, with the operation taking about 2 hours. It is usually performed as a short-stay procedure, with some patients going home the same day. Having breast implants at the same time makes the operation longer (often 3 hours), with most patients staying overnight.

During the surgery excess skin is removed from the breast and the nipple lifted into a higher position. A breast lift always leaves scars around the areola, and depending on how much loose skin is removed there is sometimes a scar running vertically down from the areola and running horizontally in the crease under the breast.

